

# Bonding is the key!



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#### The Springfield Post Lorem in-Con dian DOCK aligu. Quis n

Todays Weather: Sunny, high 58

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Graduation rate improves dramatically

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### The goal... Healthy behaviors

for all children and youth

Start with...

#### **Healthy beliefs & clear standards**

...in families, schools, communities and peer groups

Build...

#### **Bonding**

Attachment
 Commitment

...to families, schools, communities and peer groups

Building protection:

The Social Development Strategy

By providing...

**Opportunities** 

By providing...

Skills

By providing...

Recognition

..in families, schools, communities and peer groups

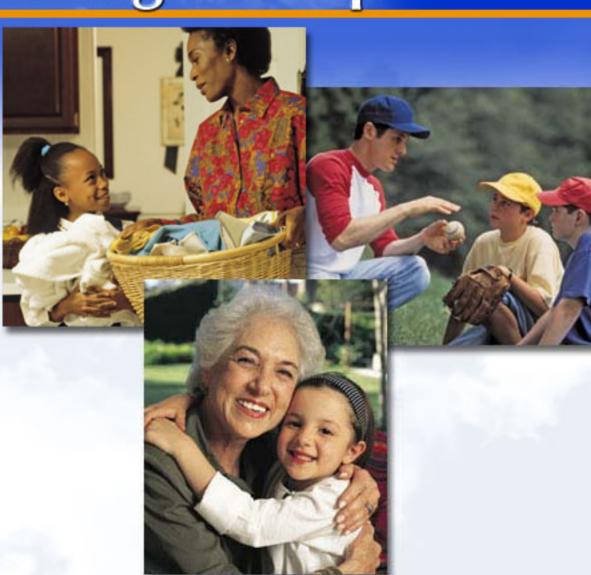
And by nurturing...

**Individual characteristics** 

## How does bonding develop?



- Skills
- Opportunities and
- Recognition





"My dad lets me pick out my back-to-school clothes."

"My neighbor, Ms. Henderson, gave me the opportunity to take care of her dog when she was out of town."

"Coach Banks gave me the opportunity to help him coach some younger kids at soccer."



### What opportunities can you give?





"My dad taught me how to spend my money carefully and to pick out clothes that are OK for school."

"My neighbor taught me how to feed and walk her dog, and lock up her house."

"Coach Banks helped teach me how to communicate my ideas clearly."



### What skills will young people need?





### Teach skills the right way.



- Motivate the young person to want to learn the skill.
- Explain the skill.
- Break it into small steps.
- Model each step.
- Practice.
- Offer positive feedback.



"When I did a good job, my dad gave me an extra half hour to play on the computer."

"Ms. Henderson gave me a gift certificate to my favorite store."

"Coach Banks took me to one side and thanked me for all my hard work."



### What recognition were you given when you were younger?





# Make recognition about being positive.



Recognize specific behaviors.

Focus on the positive.

- Be sincere.
- Praise effort, progress and achievement.



# Promote the life you want for your youth!



Families and relatives can:

model healthy behaviors

- meet with the family to set standards for behavior
- support involvement in healthy activities.



# Healthy beliefs and clear standards are for everyone!



 Teachers can set clear guidelines for behavior.

 Neighbors and other community members can keep messages consistent.







Make the commitment!



# Now SOFR into action!

